

Looking Forward

THE NEWSLETTER OF THE ROCKLAND COUNTY OFFICE FOR THE AGING

Volume 41

Number 1

Jan/Feb 2016



Ed Day
County Executive

June F. Molof
Director

Sheila Berman
Editor

VOLUNTEERING

The world is not a perfect place, and many people need help. Governments and professionals try to meet everyone's needs, but it's impossible for them to do it all.

This is why people become volunteers, because they can make a difference where someone needs help. If people never help each other and only care about themselves, the world becomes a sadder place. But when they volunteer their time, money, or talents, they help make our planet a better, happier home where people work together to make life easier for all.

Volunteers can bring food to hungry people, bring comfort and happiness to lonely people, care for people who are sick, etc.

It looks like being a volunteer gives as much good stuff to you as it does to the people and places you're trying to help! That's the secret of volunteering. People who become volunteers usually lead richer, happier, and more satisfying lives than those who don't volunteer.



SEEKING NOMINATIONS

Each year the County of Rockland recognizes two older adults who share their time, effort and expertise as volunteers in our communities. The Advisory Council to the Office for the Aging selects two from the nominations submitted by organizations and members of the community.

The Rockland County Office for the Aging Advisory Council is asking your assistance to select recipients for the 2016 "Senior Citizen of the Year" award and for the 2016 "Outstanding Contribution by a Senior Citizen" award.

The criteria for each award is as follows:

"Senior Citizen of the Year" – volunteer aged 60 and over, a Rockland resident who creates and/or plans programs that provide needed support services and activities that enhance the lives of senior citizens in the community. Other volunteer work that a person does to improve the quality of life of the people of their community can also be considered.

"Outstanding Contribution by a Senior Citizen" – volunteer aged 60 and over, a Rockland resident who has made a positive and beneficial contribution to the senior citizens of the community. Other volunteer work that a person does to improve the quality of life of the people of their community can also be considered.

A senior may be nominated for both awards.

Nomination forms may be obtained by calling the Rockland County Office for the Aging at (845) 364-2110 or on our website Rocklandgov.com/departments/aging. To be considered, nominations must be received in the Office for the Aging by Friday, Jan. 29, 2016.



The Rockland County Office for the Aging is a County Agency funded under the U.S. Older Americans Act, the N.Y. State Office for the Aging, and the County of Rockland. The County of Rockland does not discriminate on the basis of age, color, creed, disability, gender, marital status, national origin, prior non-job related record of conviction, race, religion, sex, sexual orientation, military status or other legally protected status.

OFFICE FOR THE AGING

June Molof, Director

Donna Scanlon, Assistant Director

PROGRAMS AND SERVICES WE PROVIDE

- ❖ **New York Connects** - Information and assistance on long term services and supports for individuals, caregivers and families. 364-3444

- ❖ **EISEP** (Expanded In-home Services for the Elderly Program) – Provides case management and non-medical in-home services to income eligible seniors 60 and over. Potential clients cannot be receiving assistance from Medicaid or any other entitlement program. 364-2115

- ❖ **HEAP** (Home Energy Assistance Program) - People over age 60, who meet certain income guidelines or are collecting SSI, can be subsidized on their heating bills. Their income and the number of people in the home determine the amount. *Diane Ricottone: 364-2101*

- ❖ **EMPOWER NY** – offers no-cost energy efficiency services to low-income (i.e. HEAP eligible) homeowners and renters. *Diane Ricottone: 364-2101*

- ❖ **HIICAP** (Health Insurance Information, Counseling and Assistance) - Information and counseling assistance is available to seniors concerning Medicare, health insurance issues, private health insurance and related health benefits, including EPIC. Services are available to all seniors regardless of income. *Sharon Ryan: 364-2118*

- ❖ **Senior Employment** - Provides training and employment opportunities for low-income people age 55 and older. Teaches new skills and enhances old ones and provides a transition into work in the private sector. *Darcy Bauer, Project Coordinator: 364-2107*

- ❖ **Taxi Voucher Program** – For Rockland residents 60 and over who need transportation to county medical appointments. *Sheila Berman: 364-2108*

- ❖ **“Looking Forward” Newsletter** - Provides people with information on current issues relating to seniors. Published every other month. *Sheila Berman, Editor: 364-2106*

- ❖ **Caregiver Respite** - Provides caregivers of Rockland seniors information on various respite programs. This includes a week’s stay at a senior residence, adult home or nursing home. *Michael Fober: 364-3444*

For other general information including obtaining senior housing lists, discount bus passes, legal referrals, directories, etc., please call our Main Desk: (845) 364-2110 or visit our website at www.rocklandgov.com/departments/aging

VCS MENTAL HEALTH CLINIC



*Understanding
Support
Recovery*

About the Clinic

The VCS Mental Health Clinic is an Article 31 mental health clinic licensed by the New York State Office of Mental Health to provide outpatient mental health treatment (including individual therapy and psychiatric services) to adults (age 18+) with a diagnosable mental health condition and who meet medical necessity for a higher level of care.

How does the Clinic differ from the VCS General Counseling Program?

The major ways in which the clinic differs from the general counseling program are that we accept insurance, offer access to a psychiatrist, and are staffed by Medicaid-approved clinicians.

What insurances are accepted?

We currently accept Medicaid Fee-for-Service (otherwise known as "straight Medicaid"), Fidelis Managed Care Medicaid, and Medicare. Self-pay clients are also accepted. We are currently contracting with other Medicaid managed care insurance panels. Check our website to for an up-to-date list of accepted insurances.

Clinic Staff

Clinic Supervisor

Ian Laidlaw, LCSW

Executive Administrator

Bari Lewart

Clinical Staff

Rosa Serrano-Delgado,
LCSW

Ester Ben-Dov, LMHC

Elora Kalish, LMSW

David Shipper, MHC Intern

Psychiatrist

Dr. Richard Price, MD

Administrative Coordinator

Jamie Hopper, MFT

VCS Clinical Director

Gail Golden, LCSW, Ed. D

Executive Director

Sarah Goforth, MS CMC, CADACII

How do I make an appointment?

To make an appointment in the clinic, simply contact VCS at (845) 634-5729 and ask for an appointment in the clinic, or dial extension 309 to speak directly with one of our clinicians.

How do I make a referral?

To make a referral to the clinic, you can contact the front desk at VCS at (845) 634-5729 and speak with the front desk receptionist, or complete and fax or email the referral forms to VCS. The referral forms can be downloaded from the VCS website under the Mental Health Clinic section, or can be sent for use upon request.

About VCS

VCS is a counseling and family service agency with an anti-racist, social justice mission. Since 1970, VCS Inc., a non-profit organization located in Rockland County, New York, has provided continuous service and programs throughout the Hudson Valley and in other areas as determined by the needs of the community.

The VCS mission is to provide hope and promote social justice for individuals, families and communities through counseling and community change. VCS employs a unique combination of professional staff, trained volunteers and collaborative partnerships to create innovative responses to pressing social needs and issues.

For more information contact:

Ian Laidlaw LCSW, Clinic Supervisor

Tel: (845) 634-5729 ext 318

Email: ilaidlaw@vcs-inc.org

VCS MENTAL HEALTH CLINIC

77 South Main St, New City, NY 10956

Tel 845-634-5729 Fax 845-634-7839

www.vcs-inc.org

KICK THOSE POST- HOLIDAY BLUES!

The holidays are over, the family visitors have gone home, the decorations need to come down and be put away, and the last of the cookies are getting stale. What was that? You don't have stale cookies? Well, one step on the scale will tell you why! The stage is set for the post-holiday blues to move in and bring you down. But, depression in January can be avoided. You can take charge of your life and beat those blues with your own post-holiday management plan.

Keep Busy: By keeping active, you keep your mind and body engaged so you don't have time to be depressed. Start with those holiday decorations. As you take them down and put them away, allow yourself to remember when you got them and who gave them to you. Focus on the happy memories of those times and people. Allow yourself to laugh about funny events from holidays past. You might consider leaving some of the decorations up. Snowmen decorations are appropriate for the rest of the winter. They can provide a little cheer inside when the snow keeps falling outside.

If you are housebound by the weather, you can tackle some cleaning jobs that you have put off. That might include the guest room, your workbench drawers and the catchall drawer in the kitchen. You might make a list and when you have a couple of hours, pick one area to clean. Don't plan to tackle the whole list in one day. Keep in mind those items you no longer use might be someone else's treasures. Perhaps you can bring them to Good Will, etc.

Try Something New: Turn to the section of the newspaper that lists senior center activities. There is always something new going on, and the centers welcome new participants.

Engage Your Brain: RCC has continuing education programs and now might be a good time to explore a new interest. Read a book; check out your local library. If you haven't been to the library lately, you might be surprised how things have changed. There are large selections of books available for bargain prices.

Get Involved: Volunteer your time. Stop in at the RSVP office and talk to the staff about volunteer opportunities. The blues can't move in when you are busy doing something to help other people. Just remember that you are in control. When faced with the option to sit and mope or get up and do something, activity is the way to stay mentally and physically alert.

Source: Cortland County Area Agency on Aging Senior News Jan/Feb 2009



A SHOPPING TIP: SALT

Spotting high-salt foods isn't always easy, since many pass the "taste test." High-sodium foods do not necessarily taste salty, because sodium is used not just for taste but as a preservative, flavor enhancer and texturizer. More than 75 percent of the sodium Americans consume comes from processed food, not the salt shaker on the table. That much salt in the American diet increases the risk of hypertension, the AMA noted in its initiative, which recommends that the federal government add warning labels on food and restaurant fare high in salt. Americans consume 4,000 to 6,000 milligrams of sodium per day, while the maximum daily consumption of sodium set by the American Heart Association is 2,300 milligrams (1,500 milligrams for those with high blood pressure or those at high risk for hypertension).

Read labels carefully. Here are some foods to watch: baked beans, canned vegetables, breakfast cereals, hot chocolate, pizza, ready meals, soups, lunch meats, baked goods - including cookies. Even some skinless, boneless chicken breasts are injected with salt as a preservative. Frozen fish can be loaded with it.

Source: Lewis County OFA newsletter

Health Matters

Rockland County Department of Health, Division of Health Promotion & Chronic Disease Prevention

Get Your Flu Shot!

Getting your flu shot is the best way to prevent the flu and its complications. This is especially important for people 65 years and older because they are at increased risk for flu complications. For more information, speak with your doctor, visit rocklandgov.com/health, or call 364-2520.



Brrr... It's Cold Outside!

Cold weather can pose special risks to older adults. Here are a few tips from the National Institute on Aging to help you stay warm:

Set your heat at 68 degrees or higher. To save on heating bills, close off rooms you are not using. Also, wear long johns under your clothes, throw a blanket over your legs, and wear socks and slippers. When you go to sleep, wear long johns under your pajamas, use extra covers, and wear a cap or hat. Ask family or friends to check on you during cold weather.

Dress for the weather if you have to go out on chilly, cold, or damp days. Wear loose layers of clothing. The air between the layers helps to keep you warm. Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered. Wear a waterproof coat or jacket if it's snowy. Don't stay out in the cold and wind for a long time.

Talk with your doctor about how to stay safe in cold weather. Ask your doctor about signs of hypothermia (when your body temperature gets very low). Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Ask about safe ways to stay active even when it's cold outside. For more information, call the National Institute on Aging toll-free at (800) 222-2225.

Free Radon Test Kits Available for Eligible Residents

Radon is a naturally occurring radioactive gas that you cannot see, smell or taste. It can build up in your home, get into the air you breathe and can cause lung cancer. It usually comes from the surrounding rocks and soil under your home's foundation and can enter through cracks and openings on the lowest level of your home. **The Healthy Neighborhood Program provides free radon testing at your home for low to moderate-income families and seniors. To schedule a test, while supplies last, call 364-3292 or 364-3290.** Residents can also get radon test kits from the New York State Department of Health, for a fee of \$11. Call them toll-free at 800-458-1158.

♥ February is American Heart Month ♥

Make Blood Pressure Control Your Goal

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure. High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. Make control your goal! Ask your doctor what your blood pressure should be and talk about how you can reach your goal; take your blood pressure medicine as directed; quit smoking (if you don't smoke, don't start); and reduce your sodium intake. Most Americans consume too much sodium, which can raise blood pressure. Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should reduce their sodium intake to 1,500 mg a day. Remember to check food labels for the sodium content per serving. For more information talk to your doctor or visit cdc.gov/features/heartmonth and www.choosemyplate.gov (and search for "Salt and Sodium").

Health Matters ⁶

Rockland County Department of Health, Division of Health Promotion & Chronic Disease Prevention

If You Have a Cold or Flu, Antibiotics Won't Work For You!



When you feel sick, you want to feel better fast. But antibiotics aren't the answer for every illness. Most illnesses are caused by two kinds of germs: bacteria or viruses. Antibiotics can cure infections caused by bacteria, but NOT infections caused by viruses (such as colds or flu, most coughs and bronchitis, sore throats not caused by strep bacteria, or runny noses). Taking antibiotics for viral infections will not cure the infections, or keep other people from catching the illness, or help you feel better.

When your doctor does order an antibiotic, take it exactly as he/she tells you. Don't skip doses or share your medicine with others. Take all the medicine your doctor ordered even if you are feeling better. For more information talk with your doctor, or visit www.cdc.gov/getsmart/.

Wash Your Hands Often!

Did you know that keeping your hands clean is one of the most important things you can do to avoid getting sick and spreading germs to others? In fact, washing your hands often can cut your flu risk in half! **What's the right way to wash your hands?** Wet your hands with clean, warm, running water and apply soap. Rub your hands together to make a lather and scrub them well for at least 20 seconds; be sure to scrub the backs of your hands, between your fingers, and under your nails. Rinse your hands well under running water. Dry your hands using a clean towel or air-dry them. Shut the faucet off with the paper towel and exit the door using the paper towel on the handle.

Be A Healthier You in 2016!

Call 364-2501 to find out more about our free and low-cost classes!

☑ **Better Choices Better Health: Managing Ongoing Health Conditions:** Do you have a chronic health condition, such as arthritis, heart disease, or lung disease, that is stopping you from doing the things that you want to do? If yes, then our free six-session workshop series will show you new skills to better manage your ongoing health conditions and improve the quality of your life. The next program begins March 9th from 9:30 am to 12 pm in New City.

☑ **Diabetes Prevention Program:** Learn how you can prevent or delay type 2 diabetes if you are at risk for diabetes or have been diagnosed with pre-diabetes. The next free 16-session workshop series begin January 21st from 9:30 am to 10:30 am in Nyack, and March 1st from 2:15 pm to 3:15 pm in Garnerville. Call 364-3864 to find out if you are eligible for the program.

☑ **Living Well With Diabetes:** Learn how to better self-manage your type 2 diabetes and reduce the risk of complications. The next free six-week program begins January 19th from 10 am to 12:30 pm in Nanuet.

☑ **Lose to Win Weight Loss Program:** Ready to lose weight? This program uses the latest guidelines to help you lose weight safely and successfully. There is a \$10 fee due at the time of registration. The next free eight-week program begins January 14th from 10:30 am to 12 pm in Garnerville. Call 786-3800 to register.

☑ **A Matter of Balance:** Our free eight-week fall-prevention program can help you learn to reduce your fear and risk of falling, and simple exercises to increase your strength and balance. The next programs begin April 4th from 10 am to 12 pm in Valley Cottage and April 19th from 9:30 am – 11:30 am in New City.

☑ **Put It Out Rockland:** Get help to successfully quit smoking. Call the Health Department's Put It Out Rockland Quit Smoking Program at (845) 364-2651 for one-on-one, or group, help with quitting and low-cost nicotine patches that can double your chances of being successful, or call the New York State Smokers' Quitline at 1-866- NY-QUITS (1-866-697-8487) for help with quitting.

FREE INCOME TAX PREPARATION **IN ROCKLAND COUNTY** **FROM FEBRUARY 1 THROUGH APRIL 18, 2016** **BY AARP TAX-AIDE***

RETURNS PREPARED ON A FIRST COME, FIRST SERVED BASIS
YOU MUST BE SIGNED IN AN HOUR BEFORE CLOSING!

PROOF OF IDENTITY REQUIRED FOR RETURN TO BE COMPLETED

SPRING VALLEY	M. L. King Center ----- Mondays: 10:00 - 2:00
SPRING VALLEY	Finkelstein Library ----- Mondays: 10:00 - 2:00, Weds. 5:00-8:00
NYACK	Nyack Library ----- Mondays: 10:00 - 2:00
GARNERVILLE	Kings Daughters Library-Rosman Center Tuesdays 3-7; Thursdays: 10-2; Saturdays 11-3
NEW CITY	New City Library ----- Tuesdays & Saturdays: 10:00 - 2:00
SUFFERN	Leo P. Lydon Building ----- Tuesdays: 10:00 - 2:00
*NANUET	Nanuet Library ----- Wednesdays: 10:00 - 2:00 *Also an FSA (Facilitated Self Assistance) site
THIELLS	North Rockland HS Wednesday 2:30-6:30
SUFFERN	Suffern Library ----- Weds. & Saturdays: 10:00 - 2:00
PEARL RIVER	Pearl River Library ----- Fridays: 10:30 - 2:30
VALLEY COTTAGE	Valley Cottage Library -----Fridays 10:00 - 2:00
SPRING VALLEY	Salvation Army----- Saturdays: 10:00 - 2:00

Bring with you:

- Copy of Federal and State Tax Returns you filed last year
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099- B etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-misc showing any miscellaneous income
- 1099- R form if you received a pension or annuity
- 1095-A form if you bought Health Insurance at the Marketplace
- all forms indicating federal income tax paid
- dependent care provider information(name, employer, ID SSN)
- all receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and all dependents

*AARP TAX-AIDE, is the nation's largest, free volunteer-run tax counseling and preparation service offered to all taxpayers with middle and low income, with special attention to those aged 60 and over. No appointments unless specified.

Under no circumstances will the IRS tolerate discrimination by its employees, grantees, contractors, and/or subcontractors. NO ONE shall be excluded from participating in, be denied benefits of, or be subject to discrimination because of : race, color, national origin, disability, reprisal, or age in programs or activities funded by the Department of Treasury—IRS.

Any person who believes that he/.she has been discriminated against on the basis of race, color, sex, national origin, disability, reprisal or age in program or activities receiving financial assistance (e.g. Low Income Tax Clinics, Tax Counseling for the Elderly) from the Department of Treasury--- IRS may submit written complaint to: Director, Office of Equal Opportunity Program, Department of Treasury, 1500 Pennsylvania Avenue NW, Metropolitan Square, Room 6071, Washington, D.C. 20220

AARP ROCKLAND CHAPTER 1577 — “THE BEST KEPT SECRET”

We are the AARP Chapter of Rockland County, independent of the national chapter, and we serve Rocklanders like you. We are a not-for-profit organization, located at the JCC at 450 West Nyack Rd. in W. Nyack, working tirelessly to achieve results to benefit you. Here is what we have accomplished:

- Traveling to Albany with other state chapters, we ultimately got the Family Care Act passed.
- We testified, with other organizations, at two PSC hearings, thwarting United Water’s effort to construct a 180 million desalination plant and hopefully restraining them from charging us for their boondoggle pilot plant.
- We have had two successful paper shredding programs to prevent access to private information or just get rid of waste.
- Two of our board members attended the first critical hearing challenging the safety of extending the Indian Point nuclear plant for another 20 years.

So join now and become a member. (YOU ARE NOT A MEMBER EVEN IF YOU HAVE JOINED NATIONAL AARP.) Receive 5 newsletters dealing with local services and issues and coupons and discounts for seniors. Learn about our free monthly programs, socialize with peers, and enjoy bagels, cream cheese, coffee or tea.

Here is what you should do: send a check for \$7.00 to Myrna Arin, Treasurer, 11 Imperial Lane, Chestnut Ridge, NY 10977. Check should be made out to AARP Rockland Chapter 1577.

Remember, the power of numbers gets results.



ROCKLAND COUNTY AARP --- WORKING FOR YOU !!

UPCOMING PROGRAMS AT THE JCC:

Wednesday, January 20, 2016, 12:30PM

Topic: The New Tappan Zee Bridge

Our speaker will use a series of slides to show how the new bridge is being built. He will also describe why the old bridge needed to be replaced.

Wednesday, February 17, 2016, 12:30PM

Speaker: AARP representative from Albany will be speaking on protecting Social Security/Medicare benefits, as these programs are expected to come under budgetary scrutiny by politicians



IT’S NEVER TOO LATE TO TAKE CARE OF YOUR HEALTH!

Take advantage of the Health Department’s free programs to help you stay healthy and fit! Call (845) 364-2501 to sign up and we will let you know when the next program is scheduled:

- **Living Well: Managing Ongoing Health Conditions** is a free six-week program that can help you better manage medications, emotions, pain, and fatigue caused by your illness. You will also learn tips on healthy eating, better breathing, and the role of physical activity in managing your illness.
- **Living Well with Diabetes** is a free six-week program that can help you learn simple ways to take good care of yourself, and understand and manage your diabetes.
- **A Matter of Balance** is a free eight-week fall-prevention program that can help you learn to reduce your fear and risk of falling, increase your activity levels, make changes to reduce the risk of falls, and learn simple exercises to increase strength and balance.



UNITED HOSPICE OF ROCKLAND (UHR) PROVIDES BEREAVEMENT SUPPORT GROUPS TO ALL ROCKLAND COUNTY RESIDENTS

UHR Bereavement Support groups are available for **Spouse Loss, Sibling/Parent Loss, Child Loss and General Loss** and are held at UHR’s Provident Bank Hope & Healing Center at 11 Stokum Lane, New City. Bereavement services are available to anyone in our community who has experienced a loss. Fees are charged for non-hospice families only. For more information or to register for a group, please call Susie Beerman at (845) 634-4974.

Healing Hearts Family Bereavement Support Group is available to support children, ages four to eighteen, and their surviving parent or guardian who has lost a loved one. Healing Hearts meets on a consistent basis throughout the school year. Children participate in special activities including art, play and music therapies. Parents or guardians receive the support they need as well as practical guidance to address the needs of their children. There is no charge for Healing Hearts services; however, intake sessions are required prior to joining.

Crisis Intervention is another service that UHR provides to our community. The trained staff and volunteers of Healing Hearts may provide a crisis team which is available for assistance to schools, businesses, congregations and community organizations throughout the year. Our crisis team will help customize a plan of action and provide support in the event of a sudden loss or tragedy. For further details about Healing Hearts and/or Crisis Intervention, please contact Marisa Kuropatkin at (845) 634-4974 or mkuropatkin@hospiceofrockland.org.

UPCOMING EVENTS TO BENEFIT UNITED HOSPICE OF ROCKLAND

Thursday, January 14, Billiards Bonanza sponsored by the Rockland County Teachers’ Association to benefit Hospice at Diamond Jim’s Billiards, 400 Market Street, Nanuet from 4:00 p.m. - 7:00 p.m.

Sunday, January 31, Pour a Pint for Hospice at **Growler & Gill Craft Beer Shoppe**, 148 Route 59, Nanuet from 3:00 p.m. - 7:00 p.m.



NO FOUNTAIN OF YOUTH BUT.....

While there is no fountain of youth, staying active can help seniors feel much younger than their age. As long as individuals over 70 are cleared by their doctor, moderate exercise offers numerous health benefits. Seniors should strive for a balanced workout including aerobic activity, strength training and balance and flexibility exercises. Staying active benefits seniors’ physical, emotional and mental health. The physical activity of people over 70 should be closely monitored by a medical professional, as seniors are at a higher risk for complications.

Low-Impact Aerobics

Many low-impact aerobic activities are appropriate for those over 70, such as walking, swimming and The Stay Fit Seniors Physical Activity Program. The American College of Sports Medicine recommends that seniors engage in exercise that pushes their heart rate into a range that is 55 percent to 90 percent of their maximum heart rate -- age subtracted from 220. For those who are frail or have been sedentary, strive for the lower end of the target heart rate range.

Safe Strength Training

Strength training can counteract the typical muscle mass loss that occurs with advanced age and can decrease the risk of falls and broken bones. According to the American College of Sports Medicine, a two- to three-fold increase in the muscle strength of older adults can be achieved in just three to four months of consistent resistance training. Resistance hydraulic equipment is a safe and effective form of strength training for seniors, building core strength, reinforcing balance skills and improving range of motion.

Source: Dr. Roger Russo, Chiropractor and Author of Stay Fit Seniors, Saving Seniors, Baby Boomers and Americas Healthcare Costs. For more information, call (845) 268-5122.

PROCESSED FOODS - GOOD OR BAD?

by Melissa Forney, Nutrition Coordinator, MS,RDN, LPN

Processed foods - they're offered everywhere, available to most everyone, are convenient, and unfortunately tend to have a bad reputation. So, what defines a 'processed' food, why the bad reputation, and do they all need to be avoided?

In the world of food, 'processed' simply refers to any changes that the food item may go through before reaching our mouths - this can range from slicing and dicing to removal and addition of nutrients. For example, completely unprocessed refers to food that did not require any preparation before eating (banana); whereas completely processed may refer to something that did not come from nature at all (cookie). Ultimately, most foods end up processed to some extent, whether it is from the store or home grown; however, what goes into the food during processing is what matters.

So, what differentiates the 'bad' from the 'good' in the world of processed foods? The answer is in the food label and looking for added sugar, sodium (salt), and fat - all of which we typically get too much of in our diets! Therefore, be aware of what is in your food by getting to know your food label and keeping an eye out for these nutrients! Here are a few guidelines to help you out:

- If a food item has greater than 300g of sodium per serving, it is best left on the shelf
- If the first few ingredients are sugar, maltose, brown sugar, corn syrup, cane sugar, honey or fruit juice concentrate, it has added or high amounts of sugar
- Look for 'partially hydrogenated vegetable oil' in the ingredient list, which indicates trans fat (and is not good for cholesterol levels). Companies are allowed to label foods as 'zero trans fat' if a serving size contains less than a half gram per serving; however, this can add up if you will be eating more than one serving

However, do not get discouraged - not all processed foods have to be avoided! In fact, there are processed foods that are even beneficial - here are a few:

- Canned tomato products offer a more easily absorbed lycopene (antioxidant). Just be sure to choose the low sodium version if you are watching your salt intake!
- Probiotics result from the processing that occurs with some yogurts
- Milk & juice offer added calcium & vitamin D
- Cereals & bread items may have added fiber

In conclusion, when choosing processed foods, try to choose more foods that are minimally processed and be sure to read your labels. The answer is there - you just have to look for it!

Resource: Newsletter from the Lewis County Office for the Aging in Lowville, NY



SECOND HALF OF TEST FOR US 'OLDER KIDS'!

11. Remember LS/MFT _____ / _____ _____ ?
12. Hey Kids! What time is it? It's _____ !
13. Who knows what secrets lie in the hearts of men? The _____ Knows!
14. There was a song that came out in the 60's that was 'a grave yard smash.' It's name was the _____ !
15. Alka Seltzer used a "boy with a tablet on his head" as it's Logo/Representative. What was the boy's name? _____

ANSWERS ON THE FOLLOWING PAGE

JANUARY & FEBRUARY 2016 AT JCC ROCKLAND

Defensive Driving Course

Sunday, Jan. 10, 9:00 a.m. - 3:00 p.m.

Registration Required

65+ Singles

Social Gathering : Sunday, Jan. 17, 11:00 a.m.

Brunch: Sunday, Feb. 7 at 11:00 a.m.

RSVP to Gene: (845) 356-5525

Israeli film: "The Lost Islands"

Thursday, Jan. 21, 1:00 p.m.

FREE & open to the Public

Nosh & Learn

Friday, Feb. 5, 12:30 - 2:00 p.m.

"Crossing the Boundry: Stories of Jewish Leaders of Other Spiritual Paths"

Bagels & coffee will be served. RSVP required. Sponsored by FountainView

Member \$5, Public \$10

New Classes Beginning (available to members & the public)

Hebrew: Begins Jan.3, Sundays 10:00 - 11:30 a.m.

Armchair Aerobics: Begins Jan. 4th, Mondays & Thursdays, 10:15 - 11:00 a.m.

Watercolor: Begins Jan. 5, Tuesdays, 1:00 - 2:30 p.m.

Mah Jongg: Begins Jan.13, Wednesdays, 10:30 a.m. -12:30 p.m.

Ceramics: Begins Jan. 20, Wednesdays, 1:30 - 3:30 p.m.

Studio Art: Begins Jan. 21, Thursdays, 11:30 a.m. - 1:30 p.m.

Canasta: Begins Jan. 27, Wednesdays, 1:30 - 3:00p.m.

Bridge (Advanced Beginner): Begins Feb. 3, Wednesdays, 12:45 p.m - 2:45 p.m.

Travel with the J

New Orleans: March 17-22, 2016

Resorts Casino: Wednesday, May 4

The Anne Frank Center & Temple Emanu-El: Thursday, May 12

Matinee on Broadway: The Robber Bridegroom: Wednesday, May 25

Niagara Falls & Toronto: Monday – Friday, June 6 - 10

Sands Casino, Wednesday, June 22

Gasho & Woodbury Commons: Thursday, July 7

For more information or to register, contact Bonnie Wind at (845) 362-4400 x109 or check our website at www.jccrockland.org



ANSWERS TO TEST FOR US 'OLDER KIDS'!

- 11. Lucky Strike Means Fine Tobacco
- 12. Howdy Doody Time
- 13. Shadow
- 14. Monster Mash
- 15. Speedy



RANDOM ACTS OF KINDNESS FOR CAREGIVERS

If you know someone who takes care of a friend or loved one, then you know someone who probably could use a lift. Here are some excerpts from an article in the **AARP Bulletin** from November 2015, listing some ideas for simple but meaningful spirit-boosters.

Cook a meal and deliver it piping hot in time to relieve the chore of preparing dinner.

Offer to pick up prescriptions for the person who is getting care and deliver them.

Send the caregiver a card with a cheerful greeting.

Pick up the caregiver’s kids and take them to their after school events.

Gather some friends and decorate the caregiver’s house for the holidays.

Bake a plate of special cookies—then offer to stay and chat for a little while.

Grab a couple of board games or a deck of cards and stop by for an evening of play.

Enjoy a musical or comedy on TV, along with some popcorn.

Get your kids or grandkids to draw some colorful pictures to lift the caregiver’s spirits.

Offer to stay with the care receiver for a couple of hours, if appropriate. This would give the caregiver a chance to get out of the house and do something for himself or herself.

Anyone who has been a caregiver for persons of any age knows how tiring it can be. Any random act of kindness would be so appreciated and forever remembered. Remember, too, the winter is long, cold and can be very lonely – an hour of your time for someone is priceless. It will also lift your spirits to know you have made a positive difference for someone.

**Ellie Jacobson, Program Director, VCS
Services for Older Adults & Their Families
845/634-5729 ext. 319 ejacobson@vcs-inc.org**



CHECK YOUR RECEIPTS BEFORE LEAVING THE STORE!

Just to alert you. A woman went to a store and had her items rung up by the cashier. The cashier hurried her along and didn't give her a receipt.

The woman asked her for a receipt, and the cashier was annoyed and gave it to her.

The woman did not look at her receipt until later that night. It showed that she had asked for \$20.00 cash back. **SHE DID NOT ASK FOR CASH BACK!**

This is a new scam. The cashier will key in that you asked for cash back and then return it to her friend who is the next person in line.

PLEASE CHECK YOUR RECEIPTS RIGHT AWAY WHEN USING CREDIT OR DEBIT CARDS!



LIKE US ON FACEBOOK!

Want to stay up-to-date on important information from the Office for the Aging? Follow us on Facebook:// <https://www.facebook.com/RCOfficeForTheAging>

COLD WEATHER ADVICE

Cold weather advisories have become a yearly tradition in the Northeast. Advancement in technology can register the precise temperature factoring the wind chill to determine how cold it actually is. This information is available several days before the weather arrives and lets us know when it will end. It is important to us all to follow the local weather reports daily.

Severe cold winter weather can be dangerous to older citizens. Cold weather places additional stress on your heart. If you have high blood pressure or are on medication, this would further place you at greater risk. Activities outside or shoveling of snow should be discussed with your doctor.

Hypothermia can be a life threatening condition that can cause the body temperature to drop. It is estimated that 600 people die each year from hypothermia and about half are persons over 65. The reason people over 65 are at greater risk is as we age the skin loses its elasticity which reduces the body's ability to retain heat and moisture. Therefore, seniors may be unable to detect moderate cold conditions, and hypothermia may develop without knowing there is danger. The signs of hypothermia include:

- Cold hands and feet
- Pale skin
- Clumsy and unsteady movement
- Slurred speech and confusion.
- Slow breathing

To prevent hypothermia limit your activity outdoors when the temperature is below freezing, especially if it is windy. The wind removes the layer of heat around the body which is why you should wear layers of clothing, gloves and hat to retain more heat. Your ears can be prone to frost bite. Remember shivering is the first sign of hypothermia that indicates your body is losing heat. You should get to a warm place immediately. Good advice is to have a cell phone with you when exposed to extreme cold. If you fear you are in immediate danger, call 911.

Additional Advice:

- Never place your cold hands under hot water.
- Always wear non – skid boots.
- Maintain the temperature of your home above 68 degrees. (If you are having trouble paying your bills this winter, you can call or visit NYS Energy Assistance Program (HEAP) website or Hotline 1-800-342-3009.)
- Never use your stove as a source of heat.
- Do not drink alcoholic beverages before going outdoors.
- Finally, when walking your dogs remember if you are cold, so are they. Pets should be dressed accordingly, and salt on the ground can cause them discomfort.

Peter Fella, RN, Director of Education - peterfella@at-healthcare.com

A&T Healthcare LLC, A&T Certified Home Care LLC

(845) 638-4342 / (845) 708-8182

Rockland County Office for the Aging
Dr. Robert L. Yeager Health Center
Building "B", Pomona, New York 10970
Phone: (845) 364-2110; Fax: (845) 364-2348
Website: <http://rocklandgov.com/departments/aging>
RETURN SERVICE REQUESTED

STEPS TO REDUCE AUTO THEFT & THEFT OF ITEMS INSIDE YOUR AUTO

Through TRIAD's continuing interaction with the various police agencies in Rockland, we have learned there are emerging patterns of contents thefts from the vehicles of Rockland residents. Unfortunately, we sometimes facilitate these incidents by not exercising good judgment. With that in mind, here are some easy steps a resident can take that may help to reduce your chances of being a victim.

Lock your car doors:

While this piece of advice should be a no-brainer, up to a quarter of vehicle contents thefts are from unlocked cars, according to some law enforcement agencies. Even if you're running into the store for a quick purchase, that's too long to leave your vehicle's contents open for the taking. Simply locking the doors will deter those who might just be waiting around for an easy target. Lock the doors, even if your car is parked in your own driveway at home. Battery operated garage door openers left in an unlocked vehicle provides a thief with easy access into your home for a future burglary.

Conceal valuable items:

Don't leave any bait out for thieves; stow your electronics and accessories well out of sight--or better yet, bring it with you. The evidence alone might be enough to pique the interest of thieves, so hide that too, including power plugs, telltale iPod adapters, or navigation system windshield suction-cup mounts, and even put the cigarette lighter back in place. If you use a portable navigation GPS that attaches to your windshield with a suction cup, after you have removed the GPS, periodically wipe clean the area on your windshield where the suction cup was attached and remove the visible rings of residue left by the suction cup.